



Restoring Health Naturally



Peace Above The Storm

Managing the Stresses of Life

Perceptions

“People are disturbed not by a thing, but by their **perception** of a thing.”

– Epictetus

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EPICTETUS
DISCOURSES

BOOKS 1-2



Translated by
W. A. OLDFATHER

Perceptions

“Stress is not about events and experiences nearly so much as it is about a person’s **perception** of the circumstances that occur in his or her life. A person’s stress level has to do with what a person **believes**.”

DON COLBERT, M.D.

AUTHOR OF THE BEST-SELLING
WHAT WOULD JESUS EAT?

DEADLY EMOTIONS

UNDERSTAND THE MIND-BODY-SPIRIT
CONNECTION THAT CAN HEAL OR DESTROY YOU

YOU CAN OVERCOME THE DEADLY EMOTIONS
THAT COULD TRIGGER THE DISEASE PROCESS

Anger and Hostility—

Hypertension and Coronary Artery Disease

Resentment, Bitterness,
Unforgiveness, and Self-Hatred—

Autoimmune Disorders, Rheumatoid Arthritis,
Lupus, and Multiple Sclerosis

Anxiety—

Irritable Bowel Syndrome, Panic Attacks,
Mitral Valve Prolapse, and Heart Palpitations

Repressed Anger—

Tension and Migraine Headaches,
Chronic Back Pain, TMJ, and Fibromyalgia

Stress and Disease

“Peace does not come in capsules! This is regrettable because medical science recognizes that **emotions such as fear, sorrow, envy, resentment, and hatred** are responsible for the majority of our sicknesses. Estimates vary from **60%** to nearly **100%**.



Stress and Disease

Emotional stresses can cause high blood pressure, toxic goiter, migraine headaches, arthritis, heart trouble, gastrointestinal ulcers, and other serious diseases too numerous to mention. As physicians, we can prescribe medicine for the symptoms of these diseases, but we cannot do much for the underlying cause—**emotional turmoil.**”



“What happens in the mind of man is always reflected in the diseases of his body.

–Rene Dubos



PERCEPTIONS

The Foundation of Disease

Sickness of the mind prevails everywhere. **Nine tenths** of the diseases from which men suffer have their foundation here.

– Healthful Living, pg. 230



Survey Says...

“In a national stress survey, the element of modern life that was said to cause the most stress was

“**disagreements/conflicts with loved ones - 58%,**

money problems - 55% ranking second,

and the pace of modern life - 39% a distant third.”

Unnecessary Stress

Communication conflicts can be a major source of stress... Whether in the office or at home, communication breakdowns result in an increased amount of unnecessary stress for everyone involved. **Improving communication** with the people around you is one of the simplest ways to reduce your stress and increase your enjoyment of life.



Mary E. Ryan, founder of Speech Communication Specialists, Ltd. *Trial*, January 1995

Improving Communication

- Be an ACTIVE LISTENER.
- Say what you mean.
- Clarify expectations.
- Seek to reconcile rather than win.
- Pray for a forgiving spirit.



Forgiveness

- Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, **forgiving one another**, even as God for Christ's sake hath forgiven you.

—Ephesians 4:31-32



Money Problems

...The borrower is a servant
to the lender.

– Proverbs 22:7



Eliminate Personal Debt

- Don't charge a depreciating item.
- Incur no new debt.
- When you pay off your smallest debt, add the amount of that monthly payment toward the retirement of your remaining next smallest debt.
- Continue following these steps until your last debt is paid off.



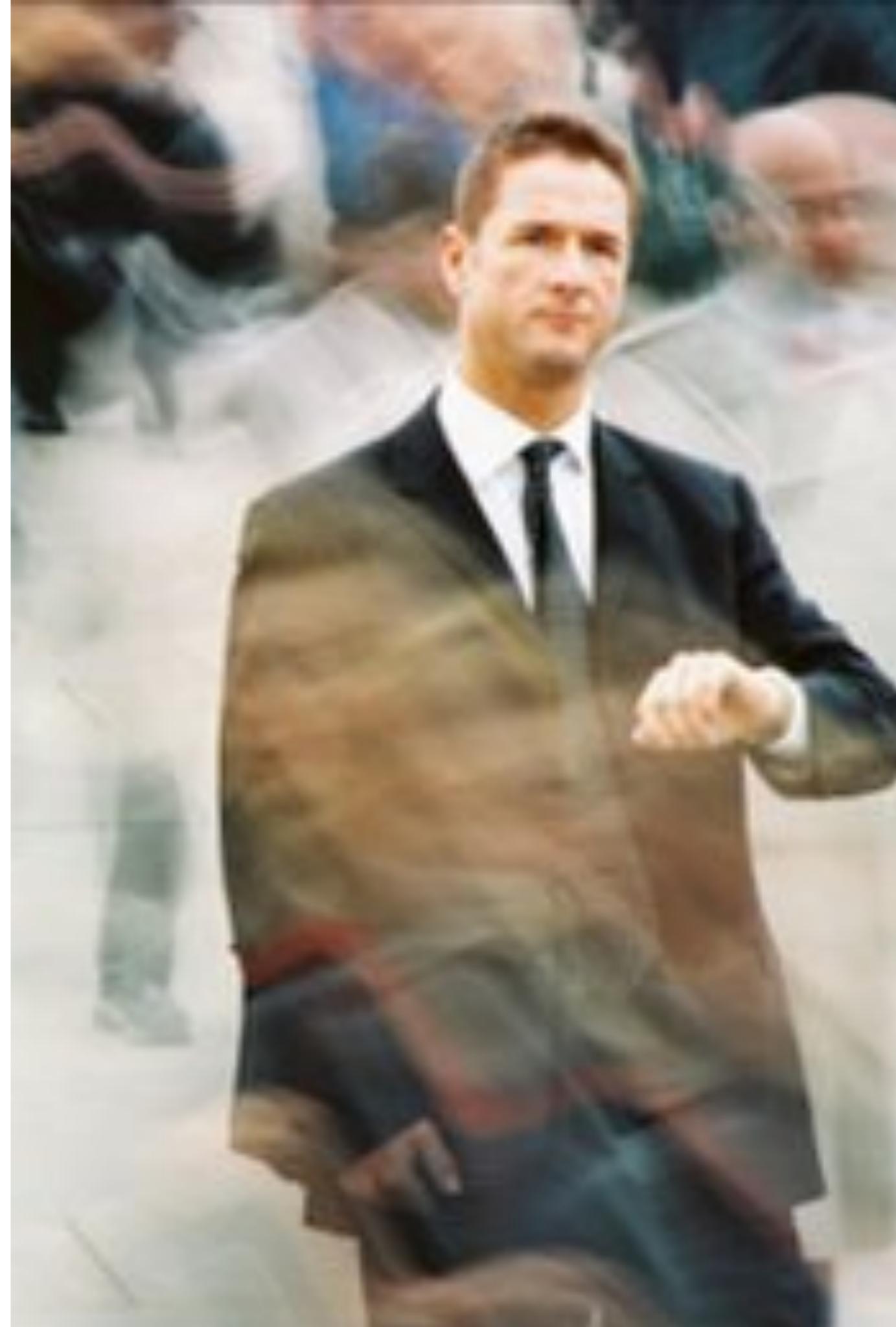
Debt Repayment & Elimination Method

| Debt | Amount | Monthly Repayment Amount |
|-------------|--------|--------------------------------------|
| Credit Card | 2000 | 200 |
| Car Loan | 5000 | $500 + \textcolor{red}{200} = 700$ |
| Mortgage | 100000 | $1000 + \textcolor{red}{700} = 1700$ |

Pace of Modern Life

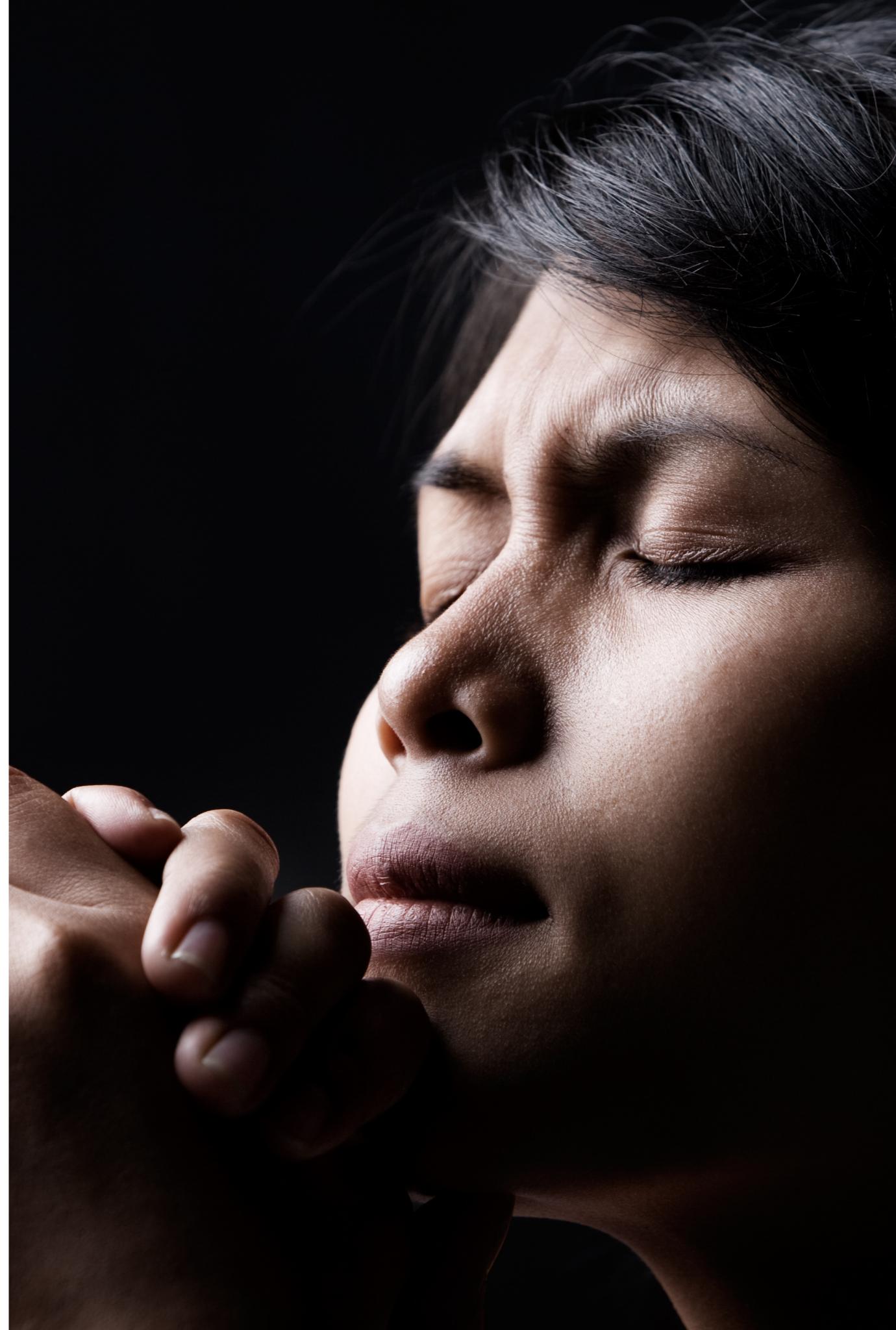
But they that wait upon the Lord shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

– Isaiah 40:31



Slowing Life's Pace

- Start your day slower and earlier—with prayer and devotional reading.
- Limit number of decisions required.
- Regulate amount and intensity of activities.
- Don't overbook your schedule.
- Time Management and Organization



More De-stressors

- Take time for relaxation.
- Deep Breathing (4-7-9)
- Regular Exercise
- Gardening
- Nutritious Food



Escape Chronic Stress

There hath no temptation taken you but such as is common to man: but God *is* faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

– 1 Corinthians 10:13

